

City of Green Bay Lifeguard Training

Register for Lifeguard Training [Here](#).

This class will certify you as a lifeguard through the American Red Cross. You must be 15 years of age by the first class date. Students should have Level 5 swimming skills. Participants must pass a proficiency test. You will be tested for your ability to do specific skills. All skills must be completed in a satisfactory manner to continue in the course.

Requirements are as follows:

- Swim 300 yards continuously, using each of the following strokes in the following order: 100 yards breaststroke using rhythmic breathing; and 100 yards front crawl using rhythmic breathing, or breaststroke. (The last 100 yards may be a mixture of front crawl and breaststroke)
**There is no time requirement; however, the 300 yards must be continuous – no walking on the bottom or stopping at the side of the pool.*
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-lb object, return it to the surface, swim 20 yards back to the starting point and exit the water without using a ladder or steps within 1 minute, 40 seconds.
- Tread water for 2 minutes using only the legs.

If you successfully complete the course, you will receive two certificates:

- Lifeguard Training (valid two years)
- CPR for the Professional Rescuer (valid two years)

The book fee will be included in the registration. You will have the option of downloading and printing at no cost at: www.redcross.org

- Click "Take a class"
- Click "I Want to be a Lifeguard"
- Under Take Me To, Click on "Lifeguarding"
- Under Materials, click on "Lifeguarding Manual"
- Book title is: Lifeguard Training (New Edition)

*Wisconsin state law requires that lifeguards must be 16 years of age. You may take the course at age 15, but cannot be employed as a lifeguard in Wisconsin until your 16th birthday.

Junior Lifeguard Class registration can be found [here](#).

